

The Dark Night of the Soul is a phrase that is describing the mental, emotional, and physical crisis that often ensues within the process of spiritual awakening.

Living in Maya...Illusion...Ignorance has its comforts... as they say, "Ignorance Is Bliss."

Enlightenment is of course, the ultimate comfort... an elevation to a state of real peace.. real freedom.

Yet the... In Between Time.... is the proverbial, "Dark Night Of The Soul."

The experience of the transition from bondage to freedom is a continual facing of all of the things within our consciousness that has been perpetuating the illusion.

Our illusions... our ignorance slowly falls away... and yet is not quite replaced from the peace and comfort that comes from full blown transcendence...enlightenment... awakening.

Your craziness is not in vain and simply means you are destined for true enlightenment :)

#### The Dark Night Of The Soul - (7 - Signs You're Going Through It)

#1. Confusion and Loss Of Identity

#2. Life Is Changing Faster Than You Can Emotionally Keep Up With - the speed is to help shake you out of trying to "handle it" and let go into flow

#3. Physical Symptoms - Insomnia, Lethargy, Aches, Pains, Weight Gain or Loss, Getting Sick All The Time, Rashes

#4. Constantly Being Presented With Daunting and Stressful Circumstances - Financial Struggles, Relationship Struggles, Health Struggles triggers that penetrate deep...

#5. Ofttimes these happen after an earth shattering, mystical, magical, or divine experience.... somehow the recognition that you are awakening.. but that is quickly forgotten about and doesn't help you cope.

#6. Experience fearful things that you don't feel you can talk about - like, dreams, intense states of dread and fear, paranoid thoughts that feel like premonitions, and many other very rattling experiences that you feel you can't turn to anyone with... you are all alone

#7. Find it Impossible To Experience Pleasure, Joy, or Happiness... even drugs, and other things that used to lift you up... do not work... you find nothing outside of you helps you anymore because it never did. Never is there an outside answer to personal spiritual issues.